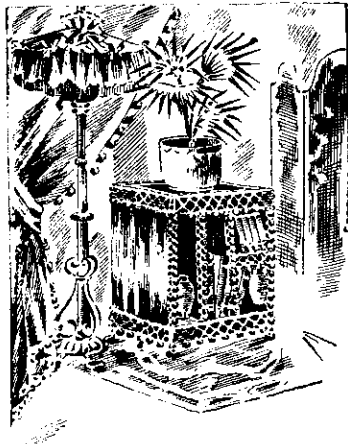


## WORK COLUMN.

CURTAINS require to be of the thinnest lightest, description at the present moment, mere fripperies of soft drapery with just enough substance to be puffed out by the wind, giving the effect of coolness, even should none exist. Delightful muslins, figured with a colour and edged with a ball fringe to match, are now to be had by the yard. They save a great deal of trouble, as one has neither to run on frills or edging of any kind, and the colour of the little bubbles exactly matches the colour in the pattern. Pale, pinky, terra-cottas, soft lettuce-greens, and ambers, are perhaps the prettiest shades amongst them. When thick curtains are required in the summer, plain dyed lineas are newer than cretonne and perhaps more restful to the eyes than any patterned material can be; at the same time they are much more easily soiled, and this must be taken into consideration as well.

We cannot all afford revolving bookcases, and yet everyone is agreed that they are the most charming inanimate companions when sitting in a cosy arm-chair on a wet afternoon. It brings so much within reach, and you don't have to go and sit by the bookcase, but can make the bookcase come and stand by you, which is a very great advantage. I am not at all sure that not being able to afford what one wants is not the mother of quite as many inventions as necessity; at any rate my especial pet bookcase was the outcome of a great deal of wishing for what I could not have. I have had the bookcase sketched for you, and in its finished condition it is a very compact and pretty article of furniture, as well as being exceedingly useful. And yet its actual foundation is nothing more or less than a common square wooden packing-case, which any grocer will send you on receipt of a sufficiently large order to fill it. The first thing to be done is to plane all the rough outside and inside parts into some degree of smoothness, and then stain it with mahogany and rosewood stain mixed (I find this produces a far better tone of colour than either stain used separately). As I wanted the bookcase for use in a general morning-room I covered it with dark terracotta silk laid on in tightly-drawn flutes from top to bottom, making all the edges neat with a double meshed ball fringe, tacking it on with small brass-headed nails. Castors are, of course, a necessity, for they enable the little case to be moved about where it is required, and very useful



A UTILITARIAN BOOKCASE.

it's for popping in work in one division, the book you may happen to be reading in another, and sundry newspapers and scrap-books between the two long narrow divisions. It does not make a bad resting place for an afternoon tea-tray, though mine is the home of a large pot of Benares brass, holding a palm.

## A BEAUTIFUL COMPLEXION.

Apply Sulpholine Lotion. It drives away pimples, blotches, roughness, redness, and all disfigurements. Sulpholine develops a lovely skin. 1s bottles. Made in London—(Adv't).

## QUERIES.

Any queries, domestic or otherwise, will be inserted free of charge. Correspondents replying to queries are requested to give the date of the question they are kind enough to answer, and address their reply to 'The Lady Editor, NEW ZEALAND GRAPHIC, Auckland, and on the top left-hand corner of the envelope, 'Answer' or 'Query,' as the case may be. The rules for correspondents are few and simple, but readers of the NEW ZEALAND GRAPHIC are requested to comply with them.

Queries and Answers to Queries are always inserted as soon as possible after they are received, though owing to pressure on this column, it may be a week or two before they appear.—ED.

## RULES.

No. 1.—All communications must be written on one side of the paper only.

No. 2.—All letters (not left by hand) must be prepaid, or they will receive no attention.

No. 3.—The editor cannot undertake to reply except through the columns of this paper.

## RECIPES.

EASY TOMATO DISHERS.—(1) Cut half-a-dozen tomatoes in halves, remove the pips, and fill the inside with a mixture of breadcrumbs, pepper, and salt, in due proportions; place a small piece of butter on each half tomato, and then lay them close together in a well-buttered tin. Bake in a slow oven about half an hour and serve. They may be eaten hot or cold. (2) Proceed as in the preceding recipe, using instead of breadcrumbs a mixture of one part grated Parmesan cheese or two parts breadcrumbs.

BOUDIN OF FOWL (*creme de volaille*).—Pound the white flesh of a fowl into pulp, pass it through a tammy, put it back into the mortar, add the yolks of three eggs and a gill of cream, flavour it with pepper, salt, and nutmeg, and a suspicion of shallot. Then, having well worked the mixture, pour it into a buttered shape, which should be only half filled. Tie a piece of paper on the top, place the mould in a saucepan half filled with hot water, and steam for an hour. Serve with Bechamel, truffle, or tomato sauce.

BANANAS WITH RUM.—Peel six or seven large bananas, or about ten small ones, cut them across in thick slices. Put an ounce or two of butter in a saucepan (the amount of butter used must vary according to the quantity of banana—the size of the fruit varies); when it is melted, throw in the bananas. There should be just enough butter to moisten and soak into the fruit. If any floats in the saucepan after the fruit is stewed, it should be drained away. Stir in two good tablespoonfuls of castor sugar. Heat a gill of double cream, and add to it a tablespoonful (or more if liked) of rum. When the bananas are thoroughly cooked in the butter, stir in the warm cream and rum. Draw the pan to the side of the fire, and be very careful that it does not boil after the cream has been added. Mix quickly, and serve hot with sponge rusks or Wilson's extra toast. This makes a small dish, as bananas shrink in cooking. This recipe can be varied by adding to the cream instead of rum a good-sized tablespoonful of the syrup of preserved ginger.

BAKED VEGETABLE MARROW, WITH SAGE AND ONIONS.—Cut the marrow in halves lengthways, and scrap out all the seeds. Then take three onions and parboil them; then chop 4 sage leaves; add 1 tablespoonful of breadcrumbs,  $\frac{1}{2}$  teaspoonful of salt, a little pepper; mix all together, fill the large marrow, close the two sides, and tie up. Dredge with flour, put some dripping in a dish, put in the marrow, and bake for half an hour in a pretty hot oven. Serve with some brown sauce.

VEGETABLE MARROW JAM.—Take the greenest marrow, the yellow are the most insipid. Wash and dry it, peel it carefully, and cut it into thin slices; weigh it, and to every pound of marrow put  $1\frac{1}{2}$  lb of loaf sugar, the rind of a lemon cut very thin. Boil for an hour, at the end of which it should be quite clear; if it is not, let it boil a little longer; when done, add the juice of the lemons, having first strained it, or a little essence of lemon. The flavour should be strong of the lemon. A glass of brandy or whisky many think a great improvement.

## CARING FOR LINEN EMBROIDERIES.

THE process of washing and pressing coloured embroideries is very simple, yet only too frequently are mistakes made through ignorance or carelessness, that are certainly calculated to injure, if not destroy embroideries that with proper care should stand the test of many cleanings. The process of washing must be gotten through with all speed. Have everything ready beforehand, including hot irons. Take any pure laundry soap, make some suds in tepid water, rub the articles lightly and as little as possible, rinse thoroughly in clean water, squeeze the water out at once, place the article on a slightly padded table, face down, and iron until perfectly dry. No stiffening is required; ironing the linen while wet will give all the firmness required. Should the embroidery be puckered in the working do not iron at once but stretch it until perfectly smooth by pinning it out on a board. Leave it until dry, then remove the pins, place a wet cloth over it, and iron rapidly until the article is steaming with dampness; then remove the cloth and finish the pressing on the article itself. Perfect success in cleaning must, perforce, depend greatly on the quality of the washing silks employed in the working, and their right to the claim of being fast colours. There are some so-called washing silks that no amount of care or skill in submitting them to the test of soap and water will prevent from running. I have found those known as the Asiatic dyed silks exceedingly reliable; in addition to their fast qualities these silks pos-

sess a beautiful satin gloss, very closely resembling in the finished work the effect of the raw silks used by the Chinese in their incomparable embroideries, presenting, as they do, so even and smooth a surface that it is difficult to distinguish where the threads begin and end.

## HABITUAL POSTURE.

COMPARATIVELY few persons have both sides of the body of perfectly similar proportions. One leg or one arm is shorter than the other. The two sides of the head are often of unequal size. Few persons have ears of an equal size and symmetrically placed. The size and position of the eyes vary. In the mouth and throat also we find inequality, and the cartilage separating the two nasal cavities is oftener deflected than vertical.

This condition of inequality in the two sides of the body is called asymmetry.

Those who have observed the effects of school life on bodily development must have noticed the influence of habitual posture on the symmetry and health of the body.

There is a tendency among school children, and especially among school girls, to assume habitual postures both in sitting and standing. The habit of throwing all the weight of the body on one leg produces a corresponding throwing of the upper part of the body toward the opposite side in order to establish the necessary equilibrium. This tends, of course, to curve the spinal column, on which the upper part of the body is supported.

In this position the body and all the internal organs are thrown out of their normal vertical position, and the force of gravity still further exaggerates the result. Thus the muscles of the neck are unevenly exercised in the unconscious balancing of the head upon the vertebral column. Even the muscles of the face tend to become unevenly contracted, and this, in time, develops a condition of asymmetry of the face.

It is a well-known physiological law that the use of a muscle causes an increase in its size, while neglect causes it to become smaller.

The steady use of the same arm in carrying a set of heavy books to and from school, the propping of one arm on a table, or the excessive use of one arm or leg and the disuse of the other—each such habit slowly but surely brings about its own result, unless effort be made to counteract it.

The growing age is more subject than any other to such influences but every age is directly and powerfully influenced by any occupation or habit which tends to the exclusive exercise of certain muscles, or to the habitual taking of a certain posture.

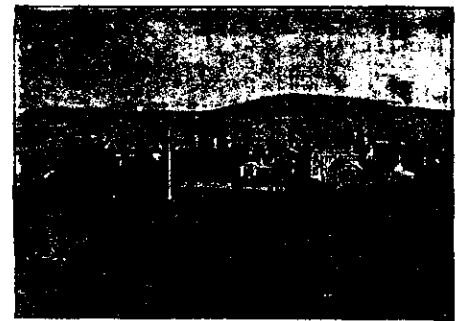
CLAY EATERS OF GEORGIA.—That the oily white clay consumed by these strange people possesses life-giving qualities is proved by the fact that they are very long-lived, many reaching the age of ninety and above. Upon arising in the morning the first thing they do is to eat a considerable quantity of clay, which seems to stimulate them. Later in the day, if they happen to have it, they partake of a very small quantity of nourishing food.

## TO DARKEN GREY HAIR.

Lockyer's Sulphur Hair Restorer, quickest, safest, best; restores the natural colour. Lockyer's, the real English Hair Restorer. Large bottles, 1s 6d, everywhere—(Adv't)

## ASHBURN HALL, NEAR DUNEDIN.

For the care and treatment of persons mentally affected. The buildings are specially constructed in extensive grounds commanding a good view. There are general and private sitting-rooms, with separate Bedrooms for each inmate. This Establish-



ment provides specialised accommodation for those for whom the advantages of home comforts and association with small numbers are desired. A carriage kept for the use of inmates. A visiting Physician and a Chaplain.

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